

KEEPING CONNECTED SUMMER 2021

YOUR QUARTERLY NEWSLETTER FROM RYEDALE CARERS SUPPORT

The Old School, Tinley Garth, Kirkbymoorside, North Yorkshire, YO62 6AR (01751) 432288

Charity No: 1175552

Hello Everyone

I hope you enjoyed our Spring edition. We had some very good feedback so we're carrying on and I'm pleased to introduce the summer edition of 'Keeping Connected'.

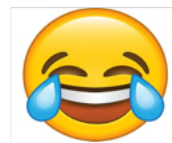
As lockdown eases, volunteers will be starting to visit the person they are supporting and I'm sure that there will be lots of smiles for those you haven't seen for many months. We are beginning to plan face-to-face activities: while some will continue to be organised by RCS, because numbers will have to stay low, we also want to encourage people to join activities organised by other charities. If the person you are supporting needs help getting to any of these local activities, please ask them to ring the team on 01751 432288 and we will see if we can help.

Enjoy the sunshine and I hope to see you at the National Centre for Birds of Prey in Helmsley on the 11th August.

With very best wishes

Claire on behalf of the RCS team

To make you smile ...



LOCAL ACTIVITIES

Charities across Ryedale are gearing up to welcome familiar and new faces over the next few months; as they re-introduce face-to-face activities such as community cafes; craft sessions; walking groups and lots more. Like us, many will also be continuing their online sessions as these have been popular. The Ryedale HandyMag contains up to date details of local sessions. If the person you support would like some help or support to access any activities, then please get in touch.

We are delighted to be part of a new initiative called the Ryedale One Stop. This will be a monthly Monday event in Pickering, where there will be lots of taster sessions from various Ryedale charities. We will let you know more once arrangements have been finalised.



CRAFTY QUILTERS GET THE HANG OF IT

Our 20 talented and creative Quilters have been very busy, creating a total of 36 squares. Each square a personal story of what 2020 meant for them.

Everyone's square is unique, with lots of different quilting techniques being used, from patchwork to applique, felting to embroidery. There's just so much to see and enjoy.

Our amazing volunteer Pat has begun the huge task of sewing the squares together to create a wall hanging. Due to the large number of squares, we have decided to create two separate wall hangings, comprising of 18 squares each. Pat has already finished one which you can see here.

Once they have both been completed, we'll let you know where you can view these fantastic artworks ...



Remember When ...

Do you recognise these?



We recently posted out a 'Remember When ... Farming Activity Pack' as a way of stimulating conversations and sparking memories for people with an interest or background in farming. S shared this recollection: *'There was a farm at the top of the hill where we lived in Scotland. The farmer was a German PoW, he stayed and took up farming. At harvest, I got to drive a caterpillar. It's similar to tank tracks but not for military. It was used for pulling implements, especially planting crops. When we moved to Ryedale, it reinvigorated my interest in farming. I researched farming around my village, how it had changed. I watch all the farming programmes now.'*

Our next Remember When pack will focus on Food & Cooking - who doesn't have memories associated with food?! We will be sending this out to volunteers and the people you support. We hope that sharing this together will be an enjoyable and different way for you to chat, reminisce and connect. Do let us know what you think!

Photos: Clay spade and Winnowing machine from Weald & Downland Museum, with thanks

FARMER TO FARMER

Did you hear the recent *Farming Today* item on Radio 4 about the issues of loneliness in rural communities? It featured our Activities Co-ordinator Isabelle, volunteer Lacy and retired farmer NN!

Isabelle usually organises the Farmers' Breakfasts in Lythe. Since lockdown, she has maintained phone and letter contact with most of her clients but realised, as the winter lockdown set in, that this might not be enough for some of the more elderly and isolated farmers. A chat with a young friend developed into Danby Young Farmers' Club being approached to see if anyone would like to become a telephone befriender. Two young farmers immediately offered and were soon matched up with a retired farmer each to contact.

Being a farmer herself, Isabelle often listens to *Farming Today*. She was incensed by an article one morning implying that young people today are selfish and unconnected. Straight away, she emailed the programme, telling them about the fantastic work (all be it on a very small scale) being done up in the North Yorkshire Moors by the Young Farmers' Club.

The editor got in touch; interviews were arranged and a very nice piece was then broadcast. This included advice on how to adopt lambs onto sheep with a bucket of water (if you want to know more about that, listen to the piece - or ask Isabelle!).

The collaboration between the younger farmers and the older generation has been a great success. Both have been learning from each other and both are now meeting up in person as well since rules have eased.

NN in particular has loved speaking to Lacy and the chats seem to have triggered all sorts of memories; NN recalling a tale from the war which was then shared in a recent Farmers' Breakfast newsletter.

You can listen to the R4 interview by clicking the link in 'News and Events' on our website

www.ryedalecarers.org.uk



Two Hinderwell friends enjoying the 'Nostalgic North Riding' Facebook group during a recent 'Coffee with IT' morning.

This new session gives people who are unsure about IT the chance to have a go and have fun online in a supportive and relaxed atmosphere.

Tablets can also be loaned to try out at home or to access our online activities.

SUMMER SOCIAL

Ryedale Carers Support wants to thank our volunteers as they are the backbone of all that we do. Please know that we couldn't be the organisation we are without your hard work and we are very grateful for all the time you have given us. You have made a tremendous difference.

To say 'thank you', we hope that you can join us for an afternoon at the National Centre for Birds of Prey in Helmsley on **Wednesday 11th August from 1.30 – 4.30 pm**. There will be a bird of prey flying demonstration at 2pm followed by tea and cakes in the centre's Christmas Tree Cottage. There is free parking.



If you can come, please let us know by email (enquiries@ryedalecarers.org.uk) or phone 01751 432288 by Friday 30th July 2021.

WHAT'S ON @ Ryedale Carers Support

JULY

Weds 7th: 2-3pm
Virtual Walk with Davy Major, North York Moors National Park Volunteer Ranger

Mon 12th: 2-3pm
Virtual Walk with Rona Slater, North York Moors National Park Volunteer Ranger

Weds 14th: 2.30-3.30pm
Zoom Singalong with Martyn Cresswell

AUGUST

Mon 9th: 2-3pm
Virtual Walk with Jim Hall, North York Moors National Park Volunteer Ranger

Weds 11th: 1.30-4.30pm
Volunteer Get Together at the National Centre for Birds of Prey in Helmsley

Weds 18th: 2.30-3.30pm
Zoom Singalong with Alison Lawson of the Martinis

Weds 25th: 2-3pm
Virtual Walk with Davy Major

SEPTEMBER

Weds 22nd: 2.30-3.30pm
Zoom Singalong with Matt Jones Green

Tues 28th: Virtual Walk Groups Get Together at Appleton-le-Moors

If you or the person you support are interested in attending, please contact the team to book places. We can help with setting up Zoom.

If you'd like to help us run any of these sessions we'd love to hear from you!



USEFUL NUMBERS

Age UK Scarborough & District 01723 379058

Dementia Forward 03300 578592

North Yorkshire County Council Emergency Duty Team 01609 780780

Ryedale Carers Support 01751 432288

Ryedale Community Transport 01653 699059

Ryedale Talking Magazine 01751 476499

Samaritans 116 123

Scarborough & Ryedale Carers Resource
01723 850155

Scarborough, Whitby & Ryedale Mind
01723 356562

Sight Support Ryedale 01653 698860

SHORT AND SWEET



A big thank you to the **Thornton-Le-Dale Crafty Hubbers** who are raising money for Ryedale Carers Support to buy 4 IT tablets to help people get connected.



They are well on their way to raising the £800 needed.